

Budko O. S.

RELEVANT ISSUES OF COVID-19 DISEASE

Scientific supervisor PhD, associate professor Petrova M. N.

Department of Foreign Languages

Belarusian State Medical University, Minsk

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A novel coronavirus (COVID-19) was identified in 2019 in Wuhan, China. This is new coronavirus that has not been previously identified in humans.

The novel Sars-CoV-2 has spread virtually to all countries of the world infecting millions of people and affecting their lives in many ways e.g. physically, psychologically, socially. Along with the devastating loss of human life, the COVID-19 pandemic has also put an extraordinary strain on public healthcare systems and global economies. Therefore, publications on COVID-19 have been of utmost importance in gaining better knowledge of the virus and experience for combating it.

Compared to MERS and SARS, COVID-19 has had significantly higher transmissibility; worse post-recovery consequence; frequent mutations leading to higher mortality and uncontrolled virulence.

The virus is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing, and talking. The droplets usually fall to the ground or onto surfaces instead of travelling through the air over long distances. People remain infectious for up to 10 days after symptom onset in moderate cases and up to 20 days in severe cases. It seems clear that the pandemic primarily affects the most vulnerable segments of society.

The clinical manifestations of this particular virus have exhibited a disastrous impact on the respiratory system as a primary target organ, but emerging data point to the possible effects on the brain, hematological system, liver, kidneys, endocrine system, etc.

According to certain estimates COVID-19 infection increases the risk of thrombotic events in hospitalized patients, but rates of reported incidence have varied. Liver impairment has been described as a non-pulmonary manifestation of COVID-19, liver toxicity may also occur due to the action of the virus itself. Evidence indicates that SARS-CoV-2 affects the digestive system of the infected patient and presents with various symptoms including diarrhea, anorexia, nausea, vomiting and abdominal pain. It has been reported that acute kidney injuries (AKI) are common in patients with COVID-19, associated with increased mortality and most of the patients who survive do not recover the kidney function. In mild cases, the manifestations include smell and taste dysfunction, muscle pain, headaches, encephalopathy, weakness and deficits, ataxia and even stroke.

A considerable proportion of people with COVID-19 subsequently experience persisting symptoms including weakness, fatigue, shortness of breath, and neurological complaints such as cognitive dysfunction many months after acute infection. Emerging evidence suggests that this condition, commonly referred to as long COVID, could become a significant global health burden.

New treatment modalities are currently under investigation, and health care providers have to keep up to date with the new developments to provide evidence-based information and effective counseling to the affected population.